

Fox Valley Family YMCA Pool Schedule Fall 2018

Monday - Thursday												
Lanes	1	2	3	4	5	6	7	8				
5a-6a	Swim Practice				Open Swim							
6a - 7a												
7a - 8a												
8:00a	Lap Swim				Aqua Fitness Times Vary by Day							
8:15a												
8:30a												
8:45a												
9:00a	Swim Lessons				Aqua Fitness Times Vary by Day							
9:15a												
9:30a												
9:45a												
10:00a												
10:15a	Lap Swim				Open Swim							
10:30a												
10:45a												
11:00a												
11:15a												
11:30a	Lap Swim				Open Swim							
11:45a												
11:00a												
11:15a												
11:30a												
11:45a	Lap Swim				Open Swim							
Noon-1p												
1p - 2p												
2p - 3p												
3:00p									Swim Lessons			
3:15p												
3:30p												
3:45p												
4:00p	Swim Practice				Open Swim							
4:15p												
4:30p												
4:45p												
5:00p									Swim Practice			
5:15p												
5:30p												
5:45p												
6:00p	Swim Practice				Open Swim							
6:15p												
6:30p												
6:45p												
7:00p									Swim Practice			
7:15p												
7:30p												
7:45p												
8:00p	Lap Swim				Open Swim							
8:15p												
8:30p									Pool Closes at 8:30p			

Friday								
Lanes	1	2	3	4	5	6	7	8
5a-6a	Swim Practice				Open Swim			
6a - 7a								
7a - 8a								
8:00a	Lap Swim				Aqua Fitness			
8:15a								
8:30a								
8:45a								
9:00a	Lap Swim				Aqua Fitness			
9:15a								
9:30a								
9:45a								
10:00a								
10:15a								
10:30a								
10:45a								
11:00a	Lap Swim				Open Swim			
11:15a								
11:30a								
11:45a								
Noon-1p								
1p - 2p								
2p - 3p								
3:00p								
3:15p	Swim Lessons				Open Swim			
3:30p								
3:45p								
4:00p								
4:15p								
4:30p								
4:45p								
5:00p								
5:15p	Swim Practice				Open Swim			
5:30p								
5:45p								
6:00p								
6:15p								
6:30p								
6:45p								
7:00p								
7:15p	Pool Closes at 7:30p				Open Swim			
7:30p								
7:45p								
8:00p								
8:15p								
8:30p	Pool Closes at 7:30p							

Schedule is subject to change.

- Lap Swim - Single person or shared by 2 or more swimmers in one lane.
- Open Swim - Recreational use of the pool for families and youth members
- For exact Aqua Fitness schedule please consult Group Fitness schedule.
- Entire pool or lanes may be closed due to facility rental (anytime), Swim Meets or Birthday Parties (Fridays, Saturdays and Sundays).
- *All swimmers under 12 years old must be accompanied by an Adult



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Saturday								
Lanes	1	2	3	4	5	6	7	8
	Pool Opens at 7:30a							
7:30a-8a								
8:00a	Swim Practice		L a p S w i m			Swim Lessons		Open Swim
8:15a								
8:30a								
8:45a								
9:00a	Swim Lessons		L a p S w i m			Swim Lessons		Open Swim
9:15a								
9:30a								
9:45a								
10:00a								
10:15a	Open Swim		L a p S w i m			Open Swim		
10:30a								
10:45a								
11:00a								
11:15a	Open Swim		L a p S w i m			Open Swim		
11:30a								
11:45a								
Noon-1p								
1p - 2p	Open Swim		L a p S w i m			Open Swim		
2p - 3p								
3:00p								
3:15p	Open Swim		L a p S w i m			Open Swim		
3:30p								
3:45p								
4:00p								
4:15p	Open Swim		L a p S w i m			Open Swim		
4:30p								
4:45p								
5:00p								
5:15p	Open Swim		L a p S w i m			Open Swim		
5:30p								
5:45p								
6:00p								
6:15p	Pool Closes at 5:30p							
6:30p								
6:45p								
7:00p								
7:15p								
7:30p	Pool Closes at 5:30p							
7:45p								
8:00p								
8:15p								

Sunday								
Lanes	1	2	3	4	5	6	7	8
	Pool Opens at 9:30a							
7:30a-8a								
8:00a	Pool Opens at 9:30a							
8:15a								
8:30a								
8:45a								
9:00a								
9:15a	Swim Lessons		L a p S w i m			Open Swim		
9:30a								
9:45a								
10:00a								
10:15a								
10:30a	Open Swim		L a p S w i m			Open Swim		
10:45a								
11:00a								
11:15a								
11:30a	Open Swim		L a p S w i m			Open Swim		
11:45a								
Noon-1p								
1p - 2p	Open Swim		L a p S w i m			Open Swim		
2p - 3p								
3:00p								
3:15p	Open Swim		L a p S w i m			Open Swim		
3:30p								
3:45p								
4:00p								
4:15p	Open Swim		L a p S w i m			Open Swim		
4:30p								
4:45p								
5:00p								
5:15p	Open Swim		L a p S w i m			Open Swim		
5:30p								
5:45p								
6:00p								
6:15p	Pool Closes at 3:30p							
6:30p								
6:45p								
7:00p								
7:15p								
7:30p	Pool Closes at 3:30p							
7:45p								
8:00p								
8:15p								

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